



## **Food and Nutrition Information Center**

National Agricultural Library/USDA  
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# **Food and Nutrition Resource List for Child Care and Preschool Staff**

**August 2004**

This publication is a compilation of resources for people involved in the child care profession. It includes food and nutrition education print materials, audiovisuals, and other resources for child care and classroom use. Topics covered are general nutrition, food preparation, and food safety. Teaching materials for children and adults include: food models, games, kits, videocassettes, CD's and lesson plans. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture.

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This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at <http://www.nal.usda.gov/fnic/pubs.html>.

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## Curriculums and Learning Activities for Teaching Children

### **5-A-Day Bingo**

CA: California Department of Health Services, 2000.

**Includes:** Instructions, activities and game cards

**NAL Call Number:** TX355 .A5 2000

**Description:** This bingo game is to assist children in understanding how healthy it is to eat more fruits and vegetables a day. 5-A-Day Bingo encourages students to increase awareness of 5-A-Day and rewards players for trying new produce items. This game can be used for all ages and is a great way to introduce and reinforce the basic 5-A-Day concepts. Available in English and Spanish.

**Target audience:** Classroom/ Community, all grades

**Ordering Information:**

Cancer Prevention and Nutrition Section

California Department of Health Services

P.O. Box 942732 MS-662

Sacramento, CA 94234-7320

Phone: 916-323-0594

Online ordering: <http://www.shop5adaycatalog.com/acatalog/Games.html>

### **5 A Day Fruit & Vegetable Coloring Book**

Laurie Manahan and Katherine Furlan

Walla Walla, WA: Yummy Designs, 1995.

**NAL Call Number:** jTX355.M36 1995

**Description:** This book contains simple drawings of fruits and vegetables along with verses for young children. The large pictures with big spaces for drawing are perfect for small hands to color. Very little reading is required.

**Target audience:** Preschoolers to 3<sup>rd</sup> grade

**Ordering Information:**

Laurie Manahan

P.O. Box 1851

Walla Walla, WA 99362

Phone: 888-749-8669

Email: [laurie@ymmydesigns.com](mailto:laurie@ymmydesigns.com)

### **5-A-Day Idea Kit: Initiatives for the Cafeteria, Classroom and Community Using Multi-level Interventions**

Raleigh, NC: North Carolina Department of Public Instruction, 1999.

**NAL Call Number** TX360 U6 F75 1999

**Description:** This kit is a teaching tool for encouraging children to eat more fruits and vegetables as part of a high-fiber, low-fat eating style. The lessons in this booklet are reproducible.

**Target audience:** Children in grades K-5, after school day care, and similar programs

### **5-A-Day, Let's Eat and Play: A Nutrition Education Program for Preschool Children**

Judy Cooper and Penny Masur Levy

Florida NET Program

Florida DOE and the Palm Beach County Health Department, 1998.

**Includes:** 10 lesson plans, 1 story book, 1 fruit/vegetable spinner board, 1 sheet fruit necklace, 1 placemat, 2 sheets chef's hat

**Description:** This nutrition education program for preschool children contains 10 lesson plans designed to provide interactive learning through a variety of activities. Art projects, cooking and tasting awareness and intake of fruits and vegetables

**Target audience:** Food Service Personnel in Elementary Schools

#### **Ordering Information:**

NFSMI – The University of Mississippi

P.O. Drawer 188

University, MS 38677-0188

Phone: 800-321-3054

Fax: 800-321-3061

Email: [nfsmi@olemiss.edu](mailto:nfsmi@olemiss.edu)

### **5-A-Day with Jack the Apple**

Nancy Battista-Morgan

Evanston, IL: United Learning, 1999.

**Includes:** Videocassette (11 min.), (VHS); facilitator's guide and 7 hand-outs

**NAL Call Number:** Videocassette no. 2766

**Web site:** Blackline Masters

[http://video1.unitedstreaming.com/videos/Five%20a%20Day%20with%20Jack%20the%20Apple/693\\_BM.pdf](http://video1.unitedstreaming.com/videos/Five%20a%20Day%20with%20Jack%20the%20Apple/693_BM.pdf)

**Description:** Teaches pre-school children the benefits of eating five servings of fruits and vegetables a day. Features an animated character who visits children and teaches them important eating habits.

**Target Audience:** Preschoolers 3-5 years old.

#### **Ordering Information**

1560 Sherman Avenue

Suite 100

Evanston, IL 60201

Phone: 800-323-9084

Fax: 847-328-6706

Email: [info@unitedlearning.com](mailto:info@unitedlearning.com)

### **The Adventures of Pete the Pyramid!**

Standish, ME: Bonny Eagle Television, 1998.

**Includes:** Videocassette (22 min., 45 sec.)(VHS)

**NAL Call Number:** Videocassette no. 2770

**Description:** Pete the Pyramid explains how the right food choices from the food pyramid ensure good nutrition and health.

**Target Audience:** Preschoolers

### **Breadtime Tales**

Brinna Sands

**Includes:** 1 videocassette (30 min.) (VHS) and 1 activity guide

Huntington, NY: Kelvin 5400 Inc., 1994.

**NAL Call Number:** Videocassette no. 2098

**Description:** Children learn how to bake bread, how bread rises, how wheat is harvested, how flour is milled, and how bread is made professionally.

### **Captain 5-A-Day**

Connecticut Departments of Public Health and Social Services, 2001.

**Includes:** leader's guide, poster, audiocassettes (3), videotape, workbook, box of color-coded activity cards

**NAL Call Number:** in process

**Description:** The Captain 5-A-Day Adventure Box is a curriculum for preschool-3<sup>rd</sup> grade classrooms. Captain 5-A-Day and his dog Boneso use music and movement, crafts, tasting activities and take-home parent letters to encourage fruit and vegetable intake, building strong bones and physical activity. The Supermarket Smarts component targets parents and uses a video and workbook to discuss shopping and budgeting for fruits and vegetables.

**Target audience:** Preschool to 3<sup>rd</sup> grade

#### **Ordering Information:**

Produce for Better Health Foundation

Customer Service

5341 Limestone Rd.

Wilmington, DE 19808

Phone: 888-391-2100

Fax: 302-894-1097

E-mail: [customerservice@5aday.org](mailto:customerservice@5aday.org)

Online ordering: <http://www.shop5adaycatalog.com/acatalog/>

### **Chef Combo's Fantastic Adventures in Tasting and Nutrition**

Rosemont, IL: National Dairy Council, 1996.

**Includes:** 1 teacher guide (loose-leaf), sound cassette, 1 hand puppet, 1 bag of stuffing, 1 pointer, 1 rubber stamp (2 pieces).

**NAL Call Number:** Kit no. 508

**Web site:** [http://www.nutritionexplorations.com/chef\\_combo.html](http://www.nutritionexplorations.com/chef_combo.html)

**Description:** This curriculum teaches simple nutrition concepts, helps children develop cleanliness skills, and provides children with a variety of cooking and tasting experiences.

**Target audience:** 4- and 5-year olds

#### **Ordering Information:**

National Dairy Council

10255 W. Higgins Rd., Suite 900

Rosemont, IL 60018-5616

Phone: 847-803-2000

Fax: 847-803-2077

### **Choosing Foods with Jack the Apple Como Escoger la Comida con Juan la...**

Nancy Battista Morgan

Evanston, IL: United Learning, 1999.

**NAL Call Number:** Videocassette no. 3066

**Web site:** Blackline Masters

[http://video1.unitedstreaming.com/videos/Choosing%20Foods%20with%20Jack%20the%20Apple/692\\_BM.pdf](http://video1.unitedstreaming.com/videos/Choosing%20Foods%20with%20Jack%20the%20Apple/692_BM.pdf)

**Description:** This video teaches young children the benefits of healthy snacking. It features an animated character who teaches them important eating habits. The video is dubbed into Spanish and includes a guide in English.

**Ordering Information**

1560 Sherman Avenue

Suite 100

Evanston, IL 60201

Phone: 800-323-9084

Fax: 847-328-6706

Email: [info@unitedlearning.com](mailto:info@unitedlearning.com)

**Community Nutrition Action Kit**

**Cook and create with young children**

Jeane Dasso

Decatur, IL: Central Illinois NET Center, 1993. 122 pp.

**NAL Call Number:** TX661.D37 1993

**Description:** Provides teachers with weekly nutrition projects that help children in grades preschool through first grade recognize foods from the five food groups and allow them to create healthy snacks for themselves. Includes art activities, puppet patterns, and recipe picture cards.

**Target audience:** Preschool and 1<sup>st</sup> grade

**Web Site:** <http://schoolmeals.nal.usda.gov/cna/2Youth.pdf>

**Cooking Up Concepts**

Cambridge, MA: TLC Press, 2003. 24 pp.

**Description:** Developed for providers in booklet form to teach good nutrition through cooking experiences integrated into early childhood learning themes such as colors, shapes, an all-about-me theme, and animals. Within the booklet is a training module that may be used to satisfy USDA requirements for provider nutrition training. Check with your sponsoring organization.

**Target audience:** Preschool children.

**Ordering Information:**

Everyday TLC

Box 180

Wilmington, NC 28402

Phone: 800-677-6644

Fax: 910-259-9561

Email: [tlcft@earthlink.net](mailto:tlcft@earthlink.net)

Online ordering: [www.cookinguplearning.com](http://www.cookinguplearning.com)

**Cooking Up Health**

Cambridge, MA: TLC Press, 2003. 24 pp.

**Description:** A booklet full of suggestions to help incorporate healthy eating and fun physical activity into a child's daily schedule. Within the booklet is a training module that may be used to satisfy USDA requirements for provider nutrition training. Check with your sponsoring organization.

**Target audience:** Preschool children.

**Ordering Information:**

Everyday TLC

Box 180

Wilmington, NC 28402

Phone: 800-677-6644

Fax: 910-259-9561

Email: [tlcft@earthlink.net](mailto:tlcft@earthlink.net)

Online ordering: [www.cookinguplearning.com](http://www.cookinguplearning.com)

**Cooking Up Stories**

Cambridge, MA: TLC Press, 2003. 24 pp.

**Description:** This booklet uses children's love of books and cooking to teach and discuss good nutrition and eating habits. Within the booklet is a training module that may be used to satisfy USDA requirements for provider nutrition training. Check with your sponsoring organization.

**Target audience:** Preschool children.

**Ordering Information:**

Everyday TLC

Box 180

Wilmington, NC 28402

Phone: 800-677-6644

Fax: 910-259-9561

Email: [tlcft@earthlink.net](mailto:tlcft@earthlink.net)

Online ordering: [www.cookinguplearning.com](http://www.cookinguplearning.com)

**Cooking With Kids Makes Healthy Eaters**

North Hollywood, CA: Alfred Higgins Productions, 1999.

**Includes:** 1 videocassette (13 min.)(VHS)

**NAL Call Number:** Videocassette no. 2761

**Description:** Shows pre-schoolers to 2nd graders how to prepare foods. Multicultural groups shown.

**Target Audience:** Preschoolers to 2<sup>nd</sup> grade.

**Creative Pockets – Leaning Adventures in Every Pocket! (Food Guide Pyramid)**

Creative Pockets, Inc.

Windermere, FL: Creative Pockets, Inc., 2001.

**Includes:** One-size-fits-all apron, one set of double-sided flash cards with interactive lessons.

**NAL Call Number:** Kit no. 411

**Description:** This Kit contains a one-size-fits-all Apron with pockets and 17 colorful Teaching Tools which have lessons and fun activities about the nutritional needs which children should be learning today for a healthier life tomorrow...from basic food groups to servings to manners to menu planning and many more!

**Target audience:** Teachers and parents

**Ordering Information:**

Creative Pockets Inc.

2808 Pinnacle Ct

Windermere, FL 34786

Phone: 866-427-7667

Email: [deedee@creativepockets.com](mailto:deedee@creativepockets.com)

**Detective Mike Robe's fantastic journey: a food safety and quality program for Head Start preschoolers**

West Kingston, RI: Food Science and Nutrition Department, University of Rhode Island, 1996.

**Includes:** 1 videocassette (VHS) and 1 manual

**NAL Call Number:** Kit no. 320

**Description:** The project is a redesign of the elementary school food safety program of the same name to a curricula designed for preschoolers and children in kindergarten and first grade. Brochures and other materials that are recommended for use are not included with the kit. Also includes a one hour food safety education program for parents.

**Target audience:** Preschoolers

**Eating Fruits and Vegetables Activity Book or Comiendo Frutas y Vegetales**

Walla Walla, WA: Yummy Designs, 2002.

**NAL Call Number:** In process

**Description:** This activity booklet may be used as a coloring book or as a story book to encourage five fruits and vegetables each day. Lessons may be used alone or as an accompaniment to lessons on topics such as 5-A-Day, nutrition, healthy eating, farming, plant growth, gardening, or cooking. Suggested settings are in schools, Head Start, WIC, Health fairs, waiting rooms, farmers market, or Extension offices. This booklet is available in both English and Spanish.

**Target audience:** Preschoolers to 6<sup>th</sup> grade

**Ordering Information:**

Laurie Manahan

P.O. Box 1851

Walla Walla, WA 99362

Phone: 888-749-8669

Email: [laurie@ymmydesigns.com](mailto:laurie@ymmydesigns.com)

**Food and Me: An Integrated Approach to Teaching Nutrition: Teacher's Kit, Pre-K and Kindergarten**

Jefferson City, MO: Scholastic, 1995.

**Includes:** 1 teacher's guide, 1 booklet of duplicating masters, 30 identical student magazines, 2 posters, and 1 booklet of newsletters

**NAL Call Number:** Kit no. 334

**Description:** Contains activities designed to cover broad nutrition issues and help lay a foundation for learning about healthy food choices.

**The Food Friends**

Colorado Nutrition Network

Fort Collins, CO: Colorado State University, 2003.

**Includes:** Set of seven puppets, memory card games, puzzle, large picture cards, activity pads, placemats, posters, containers with beans, teacher training video and magnets. A parent component includes a binder and CD, magnets, a shopping list and Ollie Orange cookie cutter.

**NAL Call Number:** in process

**Description:** A social marketing campaign aimed at increasing preschool-aged children's willingness to try new foods. The 12-week program consists of hands-on



nutrition education activities, reading storybooks with a “try new foods: theme, and opportunities to try novel foods”.

**Ordering Information:**

Colorado State University, Dept. FSHN  
Fort Collins, CO 80523-1571  
Phone: 970-491-1305  
Email: [bellows@cahs.colostate.edu](mailto:bellows@cahs.colostate.edu)

**The Food Guide Pyramid for Young Children**

John Colgren, Paul Fuqua and Myrna Traylor  
Evanston, IL: United Learning, 2000.

**NAL Call Number:** Videocassette no. 3055

**Web site:** Blackline Masters

[http://video1.unitedstreaming.com/videos/Food%20Guide%20Pyramid%20For%20Young%20Children/1225\\_BM.pdf](http://video1.unitedstreaming.com/videos/Food%20Guide%20Pyramid%20For%20Young%20Children/1225_BM.pdf)

**Description:** Based on the USDA's Food Guide Pyramid for Young Children, this production demonstrates how to make the best food choices for children aged two to six years old. All the food groups are fully illustrated and numerous examples are given illustrating those groups and showing the correct portions. This production is ideal for use either as a presentation tool with audiences or for individual instruction. Duplication masters are also included, letting you provide your students with appropriate take-home material. 12-min. Video; Teacher's Guide with lesson plans, student activities, discussion questions, and script, set of Blackline Masters.

**Ordering Information:**

United Learning  
1560 Sherman Avenue  
Suite 100  
Evanston, IL 60201  
Phone: 800-323-9084  
Fax: 847-328-6706  
Email: [info@unitedlearning.com](mailto:info@unitedlearning.com)

**The Foods I Eat, the Foods You Eat**

New York, NY: Many Hands Media, 1996.

**Includes:** 1 sound cassette, 2 wall charts, 1 poster, 3 books, and 1 teacher's guide

**NAL Call Number:** Kit no. 355

**Description:** A multicultural nutrition program designed to encourage young children to explore and appreciate the foods of many cultures while learning such concepts as colors, shapes, and textures.

**Target audience:** Preschoolers

**Getting a Head Start with 5-A-Day Fun Kit: Fruit and Vegetable Activities, Materials and Resources for Preschool Children and Their Families**

Dayle Hayes

Helena, MT: Montana Dept. of Public Health & Human Services, 1995.

**Includes:** 1 videocassette and 1 set instructional materials

**NAL Call Number:** Kit no. 350

**Description:** The activities, materials and resources in this kit are designed to encourage young children and their families to eat more fruits and vegetables.

**Getting Active with Jack the Apple**

Nancy Battista- Morgan

Evanston, IL: United Learning, 1999.

**Includes:** Videocassette (11 min.)(VHS), 1 facilitator's guide, and 3 hand-outs

**NAL Call Number:** Videocassette no. 2762

**Description:** Teaches pre-school children the basics of good nutrition. Features an animated character who visits children and teaches them important health habits.

Available in English and Spanish.

**Ordering Information**

United Learning

1560 Sherman Avenue

Suite 100

Evanston, IL 60201

Phone: 800-323-9084

Fax: 847-328-6706

Email: [info@unitedlearning.com](mailto:info@unitedlearning.com)

**Hands Down on Germs**

Oregon. Dept. of Education. PPS Television Services.

Portland, OR: The Dept., 1996.

**Includes:** Videocassette (8 min.)(VHS)

**NAL Call Number:** Videocassette no. 2806

**Description:** Shows children the situations in which hands need to be washed. Also demonstrates proper hand washing techniques to make hands germ free.

**Heartpower**

Dallas, TX: American Heart Association, Schoolsite Program, 1996.

**Includes:** 1 sound cassette, 3 posters, 1 book with sing-along music and lyrics, 1 book, 2 stethoscopes, 1 package alcohol swabs, 8 activity cards, and 1 teacher's resource book.

**NAL Call Number:** Kit no. 360

**Description:** Teaches about the heart and how to keep it healthy.

**Target audience:** Preschool and kindergarten

**Join the Fruit & Vegetable Party Activity Book**

Laurie Manahan

Walla Walla, WA: Yummy Designs, 2000.

**NAL Call Number:** In process

**Description:** This book is full of hundreds of creative, fun ideas and activities for promoting fruits and vegetables. The book includes fruit and vegetable lessons, programs, songs, jokes, stories, and games.

**Target audience:** Pre-K to adults

**Ordering Information:**

Laurie Manahan

P.O. Box 1851

Walla Walla, WA 99362

Phone: 888-749-8669

Email: [laurie@ymmydesigns.com](mailto:laurie@ymmydesigns.com)

**Kid's First Cookbook: Delicious Nutritious Treats to Make Yourself!**

American Cancer Society

Atlanta, GA: Health Content Products Publishing Group, 2000. 88pp.

**NAL Call Number:** In process

**Description:** This book contains activities, recipes and cooking tips to help turn meal preparation into a family activity. Promotes healthy food choices from the Food Guide Pyramid and reviews kitchen safety; recipes include breakfast, snacks, meals, drinks, pizza, and goodies with a suggested level of difficulty.

**Target audience:** Parents, and childcare providers

**Ordering Information:**

ACS Products, Inc.

PO Box 49528

Atlanta, GA 30359-0528

Phone: 800-ACS-2345

Online ordering:

[http://www.cancer.org/docroot/PUB/content/PUB\\_1\\_1\\_Kids\\_First\\_Cookbook.asp#Order](http://www.cancer.org/docroot/PUB/content/PUB_1_1_Kids_First_Cookbook.asp#Order)

**Let's Play: Innovative Games and Activities for Kids**

West Virginia Dept of Education, Office of Child Nutrition, 2002. 113pp.

**NAL Call Number:** RA776.9.L48 2002

**Description:** A collection of games and activities requiring easy to-find materials. The games and activities are designed to help educators, parents and other promote healthful behaviors in young children.

**Target audience:** Classroom/ Community, Elementary Schools

**Ordering Information:**

West Virginia Department of Education

1900 Kanawha Blvd East

Charleston, WV 25305-0330

Phone: 800-982-5627

**Little Organ Annie**

Michelle A. Lombardo

Duluth, GA: Wellness Incorporated, 2003.

**Includes:** 1 large Organ Annie doll, removable OrganWise Guy's dolls (Luigi Liver, Hardy Heart, Peri Stolic, Pepto the Stomach, Windy, Peter Pancreas, The Kidney Brothers)

**NAL Call Number:** In process

**Description:** Organ Annie is a teaching tool for showing children ages 3-8 how to be smart from the inside out.

**Ordering Information:**

Wellness Incorporated

3838 Song River Circle

Duluth, GA 30097

Phone: 800-786-1730

Email: [organwise@aol.com](mailto:organwise@aol.com)

Online ordering: [www.organwiseguys.com](http://www.organwiseguys.com)

**More Than Mud Pies: A Nutrition Education Curriculum for 3 to 5 Year Olds in Day Care Centers and Preschools. 3<sup>rd</sup> Edition**

Charlotte Beckett Oakley

University, MS: National Food Service Management Institute, 1998. 163 pp.

**NAL Call Number:** TX364.0355 1998

**Description:** The nutrition education lessons teach children such concepts as the importance of eating a wide variety of foods; how to identify foods by group, source, part of the plant, where grown, where purchased, or nutritional content; how to describe foods in terms of color, size, smell, texture, temperature, taste and form; and how to stay healthy by exercising regularly, eating nutritious foods and drinking plenty of water.

**Target audience:** Child care and preschool children

**Ordering Information:**

Publications Department  
NFSMI – The University of Mississippi  
P.O. Drawer 188  
University, MS 38677-0188  
Phone: 800-321-3054 or 662-915-7658  
Email: [nfsmi@olemiss.edu](mailto:nfsmi@olemiss.edu)  
Online ordering: [nfsmi@olemiss.edu](mailto:nfsmi@olemiss.edu)

**The OrganWise Guys “Gimme Five”**

Duluth, GA: Wellness Incorporated, 2002.

**Includes:** Videocassette (13 min.) (VHS)

**NAL Call Number:** In process.

**Description:** “Gimme Five” conveys the concept of 5-a-day to kids in a fun, musical and memorable story. In this story, Hardy Heart overcomes his stage fright to put on a rocking 5-a-day show that kids will sing over and over again.

**Ordering Information:**

Wellness Incorporated  
3838 Song River Circle  
Duluth, GA 30097  
Phone: 800-786-1730  
Email: [organwise@aol.com](mailto:organwise@aol.com)  
Online ordering: [www.organwiseguys.com](http://www.organwiseguys.com)

**The OrganWise Guys (The First Years Series) It’s a Teethday Party!**

Michelle Lombardo

Duluth, GA: Wellness Incorporated, 2002.

**NAL Call Number:** In process.

**Description:** “The First Years Series” is designed to reach children from three to five years of age with fun stories they can enjoy while learning important health lessons for life. In this book, It’s a Teethday Party! Hardy Heart is having a problem. He wants to tell his good friend Calci M. Bone that she has bad breath. He knows he should tell her for her own good, but he just doesn’t have the heart to say anything that would hurt her feelings! Thank goodness his teacher, Miss Brushalot, has an idea - A classroom, “Teethday” Party! Not only will Calci and the other kids learn about dental health, they’ll also have lots of fun! Come join in the party!

**Ordering Information:**

Wellness Incorporated  
3838 Song River Circle  
Duluth, GA 30097  
Phone: 800-786-1730  
Email: [organwise@aol.com](mailto:organwise@aol.com)  
Online ordering: [www.organwiseguys.com](http://www.organwiseguys.com)

**Show Me Nutrition: Let's Read**

Barbara Willenberg

Columbia, MO: University of Missouri Outreach and Extension, 2000.

**NAL Call Number:** TX364 .W55 2000

**Description:** Let's Read is a preschool nutrition education curriculum. It consists of six lessons which incorporate reading books with positive nutrition messages, tasting healthy foods, physical activities and practicing healthy habits like hand washing.

**Ordering information:**

Dana McGuire, Nutrition Education Assistant

Texas County Extension Center

111 W. Main

Houston, MO 65483

Phone: 417-967-4545

Email: [m McGuire@missouri.edu](mailto:m McGuire@missouri.edu)

**Smart Nutrition Classroom Activities: Preschool**

Child Nutrition Unit, Arkansas Department of Education, 2001. (various pagings).

**NAL Call Number:** TX364 B395 2001

**Description:** This resource is designed to help build healthful eating patterns and to promote personal responsibility for good health. There are sections for pre-K to 6th grade. And includes booklets: Nutrition and your health: dietary guidelines for Americans. 2000. 5th ed.; Tips for using the Food Guide Pyramid for young children 2 to 6 years old. 1999. It integrates the following three messages in grade-level activities: aim for fitness, build a healthy base, choose sensibly. Nutritional concepts are combined with basic curriculum objectives in each grade level to create a higher level of learning in the classroom.

**Ordering Information:**

Wanda Shockey

Child Nutrition Unit

2020 West Third, Suite 404

Little Rock, AR 72205-4465

Phone: 501-324-9505

**Tickle Your Appetite**

Alexandria, VA: USDA Food and Nutrition Service, 1997.

**NAL Call Number:** Kit no. 500

**Description:** Tickle your appetite works to convey a number of messages including, helping children expand the variety of foods in their diet, adding more fruits, vegetables and grains to the foods children already eat and gradually begin to adopt a diet lower in fat for children age 2 to 5 years. The kit is intended for clinic use, but also includes a section on family at home activities and community activities.

**Target audience:** Child care center staff

**Ordering Information:**

NFSMI – The University of Mississippi

P.O. Drawer 188

University, MS 38677-0188

Phone: 800-321-3054

Fax: 800-321-3061

Email: [nfsmi@olemiss.edu](mailto:nfsmi@olemiss.edu)

**What We Eat**

Evanston, IL: United Learning, 1996.

**Includes:** Videocassette (15 min.)(VHS) with black and white sequences

**NAL Call Number:** Videocassette no. 2774

**Description:** Puppets that travel around the world making friends and trying different kinds of food teach kids the basic food groups.

**Target Audience:** Preschoolers to 3<sup>rd</sup> grade

**Ordering Information**

1560 Sherman Avenue

Suite 100

Evanston, IL 60201

Phone: 800-323-9084

Fax: 847-328-6706

Email: [info@unitedlearning.com](mailto:info@unitedlearning.com)

**Yummy Fruit & Vegetable Game**

Laurie Manahan

Walla Walla, WA: Yummy Designs, 1999.

**Includes:** 10 boards, 80 cards, Fruit & Vegetable Lesson Book (16 lessons, 1 page each)

**NAL Call Number:** In process

**Description:** This is a game to promote fruits & vegetables and '5 A Day' to young children. Children pick fruit and vegetable cards, then try to match them to the pictures on their boards with the objective of covering all 5 boxes and thus getting '5 A Day'. 80 cards show familiar and ethnic fruits and vegetables; 10 different boards each have 5 different boxes (for breakfast, lunch, dinner, and 2 snacks). Also includes a Fruit & Vegetable Lesson Book, with graded, easy to use lessons for Pre-K-Grade 4. This game can be played by 1-10 players, groups, teams, or classes. Instructions suggest many additional activities and games, including Lotto and Bingo.

**Ordering Information:**

Laurie Manahan

P.O. Box 1851

Walla Walla, WA 99362

Phone: 888-749-8669

Email: [laurie@ymmydesigns.com](mailto:laurie@ymmydesigns.com)

## Food Sets, Models and Posters

**American Foods of the South Set**

Ft. Atkinson, WI: NASCO, 1980

**Includes:** Life/form replicas; 10 plastic models including barbecued chicken, black-eyed peas, collard greens with salt pork, corn bread, diced turnips with tops, grits, hush puppies, lima beans with salt pork, pan-fried catfish, roasted spareribs.

**NAL Call Number:** Model no. 6

**Description:** This package of food models contains 10 models of foods of the American South. The models are teaching aids for demonstrating the variety of foods used to prepare authentic ethnic dishes.

**Ordering Information:**

NASCO - Fort Atkinson  
901 Janesville Avenue  
P.O. Box 901  
Fort Atkinson, WI 53538-0901  
Phone: 800-558-9595  
Fax: 920-563-8296  
Item no. WA19637HR  
Online ordering: <http://www.enasco.com/>

**Child Care Centers Fight Bac!**

Alexandria, VA: United States Department of Agriculture, Food and Nutrition Service, 2001.

**Web site:** <http://www.nal.usda.gov/childcare/Safety/BAC%20Childcare%20Poster.pdf>

**Description:** A poster with reproducible materials on the back to help teach young children about the importance of safe food practices.

**Children's Nutrition Kit – Ages 1-3**

Ft. Atkinson, WI: NASCO

**Includes:** A 4-oz. glass of whole milk, 1-oz. slice of American cheese, macaroni and cheese, bologna, 1-oz. bagel, peas, corn, half banana, 4 oz. apple juice, applesauce, oatmeal, 1/2 English muffin, white rice, three graham crackers, dab of peanut butter (1 tablespoon), sliced chicken, 4-oz. orange juice, 1/4 cup mashed potatoes and 8 animal crackers.

**Description:** Serving portions in this kit are age appropriate for children age 1-3 years.

**Ordering Information:**

NASCO - Fort Atkinson  
901 Janesville Avenue  
P.O. Box 901  
Fort Atkinson, WI 53538-0901  
Phone: 800-558-9595  
Fax: 920-563-8296  
Item no. WA16564HR  
Online ordering: <http://www.enasco.com/>

**Children's Nutrition – Ages 4-10**

Ft. Atkinson, WI: NASCO

**Includes:** An 8 oz. glass of whole milk, fried egg, celery stick, orange, soda crackers, strawberries, Cream of Wheat, raisins, hot dog and bun, brownie, grape/cranberry juice, spaghetti and sauce, chocolate ice cream, fish sticks, green beans, turkey, string cheese, and carrots.

**Description:** Serving portions in this kit are age appropriate for children ages 4-10 years.

**Ordering Information:**

NASCO - Fort Atkinson  
901 Janesville Avenue  
P.O. Box 901  
Fort Atkinson, WI 53538-0901  
Phone: 800-558-9595  
Fax: 920-563-8296  
Item no. WA19456HR



Online ordering: <http://www.enasco.com/>

### **Comparison Cards, 5th edition**

Rosemont, IL: National Dairy Council, 1994.

**Includes:** 108 charts and 1 leader's guide

**NAL Call Number:** Graphic no. 312

**Description:** Bar graphs indicate the nutrient values of many commonly eaten foods.

Back of each card indicates daily value of each food on fat content.

#### **Ordering Information:**

Western Dairy Council

12000 North Washington Suite 200

Thornton, CO 80241

Phone: 303 451-7711, 800 274-6455

Fax: 303 451-0411

Online ordering: <http://www.wdairycouncil.com/htmlpages/ordermaterials4thru6.htm>

### **Food Models**

Rosemont, IL: National Dairy Council, 1994.

**Includes:** 45 activity cards and 1 leader's guide

**NAL Call Number:** Graphic no. 319

**Description:** The cards contain life-size color photographs of 185 commonly eaten foods. The front of each card shows foods in their recommended serving size; the back contains information similar to that found on food labels. The photographs may be punched out of each card.

### **Food Replica Package No. 1**

Ft. Atkinson, WI: NASCO, 1980.

**Includes:** Life/form replicas; 36 plastic models including Meat: seafood, poultry, pork chop, hamburger, haddock, fried egg, hard-cooked egg, chicken leg, chicken thigh, chicken breast. Vegetables: broccoli, carrot sticks, frozen peas, baked potato, sweet potato, tomato juice, salad. Grains: bread, hamburger bun, cornflakes, rice. Fruit: 1/2 banana, 1/2 grapefruit, orange juice, orange, canned peaches, whole peaches, raisins, strawberries. Desserts: angel food cake, jello, chocolate pudding. Dairy products: butter, cottage cheese, swiss cheese, skim milk. Miscellaneous: dressing, peanut butter.

**NAL Call Number:** Model no. 3

**Description:** This package of food models includes a wide variety of food items.

#### **Ordering Information:**

NASCO - Fort Atkinson

901 Janesville Avenue

P.O. Box 901

Fort Atkinson, WI 53538-0901

Phone: 800-558-9595

Fax: 920-563-8296

Item no. WA02986HR

Online ordering: <http://www.enasco.com/>

### **Food Replica Package No. 2**



Ft. Atkinson, WI: NASCO, 1980.

**Includes:** Life/form replicas; 30 plastic models including Meat, seafood, poultry: bacon strips (2), ham, beef patty, liver, bologna, wiener, tuna, steak. Sandwiches, soup, casseroles: chili, bread and peanut butter, vegetable soup, spaghetti. Vegetables: asparagus, baked beans, green beans, beets, mashed potatoes, whole kernel corn, tomato juice. Grains: graham crackers, soda crackers, cream of wheat. Desserts: sheet cake with icing, sheet cake without icing, apple pie, ice cream. Dairy products: cheddar cheese, American cheese. Miscellaneous: ripe olives.

**NAL Call Number:** Model no. 4

**Description:** This package of realistic food models includes a wide variety of food items useful in a nutrition education program. Includes foods from each of the basic food groups.

**Ordering Information:**

NASCO - Fort Atkinson

901 Janesville Avenue

P.O. Box 901

Fort Atkinson, WI 53538-0901

Phone: 800-558-9595

Fax: 920-563-8296

Item no. WA02987HR

Online ordering: <http://www.enasco.com/>

**Food Replica Package No. 3**

Ft. Atkinson, WI: NASCO, 1980.

**Includes:** Life/form replicas; 26 plastic models including Meat, seafood, poultry: ham slices, beef roast, steak, pork sausage, shrimp. Mexican-American foods: enchiladas, flour tortilla, refried beans, tamale, taco. Sandwiches, soup, casseroles: pizza, beef stew. Vegetables: cauliflower, coleslaw, leaf lettuce, spinach. Grains: rice, macaroni, oatmeal, pancakes. Fruit: applesauce, dates, half melon, pineapple, prunes. Desserts: chocolate pudding.

**NAL Call Number:** Model no. 5

**Description:** This package of realistic food models includes a wide variety of food items useful in a nutrition education program. Foods from each of the basic food groups are in the package.

**Ordering Information:**

NASCO - Fort Atkinson

901 Janesville Avenue

P.O. Box 901

Fort Atkinson, WI 53538-0901

Phone: 800-558-9595

Fax: 920-563-8296

Item no. WA02988HR

Online ordering: <http://www.enasco.com/>

**High Fiber Food Package**

Ft. Atkinson, WI: NASCO, 1990.

**Includes:** Life/form replicas; 28 plastic models including prunes, strawberries, orange, apple, coleslaw, carrot sticks, whole tomato, broccoli, oatmeal, brown rice, bran muffin, popcorn, chili with beans, kidney beans, canned peach halves, orange juice, applesauce, cooked carrots, tomato juice, cornflakes, white rice, and hard roll.

**NAL Call Number:** Model no. 9

**Description:** This food model package focuses on increasing fiber in the diet. Both high fiber and low fiber food replicas are provided for demonstrating how changing food selections can increase fiber content of the diet.

**Ordering Information:**

NASCO - Fort Atkinson

901 Janesville Avenue

P.O. Box 901

Fort Atkinson, WI 53538-0901

Phone: 800-558-9595

Fax: 920-563-8296

Item no. WA12619HR

Online ordering: <http://www.enasco.com/>

**Mexican-American Ethnic Food Set**

Ft. Atkinson, WI: NASCO, 1980.

**Includes:** Life/form replicas; 12 plastic models and 1 booklet which includes hot chili pepper (jalapeno), avocado, beef cubes in brown gravy (carne guisada), enchiladas, flour tortilla, corn tortilla, Mexican-style beans in a bowl (frijoles in a bowl), refried beans (frijoles refritos), tamales (2), rice with chicken (arroz con pollo), Spanish rice, and crisp taco

**NAL Call Number:** Model no. 7

**Description:** The models are teaching aids for demonstrating the variety of foods used to prepare authentic ethnic dishes.

**Ordering Information:**

NASCO - Fort Atkinson

901 Janesville Avenue

P.O. Box 901

Fort Atkinson, WI 53538-0901

Phone: 800-558-9595

Fax: 920-563-8296

Item no. WA19638HR

Online ordering: <http://www.enasco.com/>

**Team Nutrition: Feed Me and Move It Posters**

US Department of Agriculture, 2000.

**Description:** Move It poster show activity pyramid. Feed Me poster features food groups and guidance on which foods to eat "less, enough, more and plenty".

**Target Audience:** Children, Middle School, High School

**Ordering Information:**

USDA's Team Nutrition

P.O. Box 1474

Springfield, VA 22151-0474

Phone: 703-305-1624

Fax: 703-605-6852

Online ordering: <http://www.fns.usda.gov/tn/Resources/NTISform.html>

**The Tubes: Fast Foods**

Olympia, WA: Lifetime Nutrition, 1990.

Dixie Havlak

**Includes:** 36 glass tubes containing plastic representations of fat and 1 stand for tubes

**NAL Call Number:** Model no. 21

**Description:** A visual representation of the fat content in 36 food items, including several served in popular fast food chain restaurants. Examples include a Whopper with cheese, a Kentucky Fried chicken breast, and a Wendy's baked potato, as well as Doritos chips, French fries, cheddar cheese, ice cream, etc.

### **The Tubes: Sugar Foods**

Dixie Havlak

Olympia, WA: Lifetime Nutrition, 1990.

**Includes:** 22 glass tubes containing sugar and 1 stand for tubes

**NAL Call Number:** Realia no. 5

**Description:** A visual representation of the sugar content in 22 food items, including several brand name foods. Examples include Skippy peanut butter, Fruit & Fiber cereal, Pepsi Cola, Fruit Loops cereal, and Jello, as well as canned peaches, a candy bar, ketchup, graham crackers, syrup, sweetened iced tea, etc.

### **Vegetarian Food Package**

Ft. Atkinson, WI: NASCO, 1990.

**Includes:** Life/form replicas; 34 plastic models and includes oatmeal, whole milk, whole banana, whole wheat bread, butter pats, American cheese, orange, orange juice, graham crackers, tossed salad, French dressing, cheese pizza, yogurt, chocolate chip cookie, vegetable soup, saltine crackers, peanut butter on bread, brown rice, broccoli, carrots, yam, bran muffin, and apple.

**NAL Call Number:** Model no. 10

**Description:** This package of vegetarian food models illustrates how to eat a healthy lacto-ovo (dairy and eggs) vegetarian diet and a vegan (all vegetable) diet. Sufficient food replicas are provided to show a sample meal plan for each type of vegetarian diet.

#### **Ordering Information:**

NASCO - Fort Atkinson

901 Janesville Avenue

P.O. Box 901

Fort Atkinson, WI 53538-0901

Phone: 800-558-9595

Fax: 920-563-8296

Online ordering: <http://www.enasco.com/> Item no. WA22226HR

## **Resources for Staff Training**

### **A. Nutrition, Learning, and Health**

#### **Blue Ribbon Child Care Food and Nutrition Skill Series. 2nd edition**

Anne C. Fox

Boise, ID: Dept. of Education, State of Idaho, 1997. 30 pp.

**NAL Call Number:** TX361.C5F69 1997

**Description:** A manual for day care providers. Contains basic nutrition information, feeding young children, menu planning, wise food shopping, kitchen management, and food safety.

**Target Audience:** Child Care Providers

**Ordering Information:**

State Department of Education  
P.O. Box 83720  
Boise, ID 83720-0027

**CARE Connection**

University, MS: University of Mississippi, National Food Service Management Institute, 1997.

**Includes:** 11 videocassettes, 1 sponsor guide

**NAL Call Number:** Kit no. 383

**Description:** This curriculum contains 48 lessons developed for use by sponsors of child care homes and child care centers to use in training child care providers. Lessons 26-29 focus on food safety and sanitation in child care. Other lessons emphasize nutrition needs of infants and children, meal planning, food preparation and basic program requirements.

**Target audience:** Child Care Providers

**Ordering Information:**

NFSMI- The University of Mississippi  
P.O. Drawer 188  
University, MS 38677-0188  
Phone: 800-321-3054  
Fax: 800-321-3061  
Email: [nfsmi@olemiss.edu](mailto:nfsmi@olemiss.edu)

**Don't Give Kids a Tummy Ache**

Berkeley, CA: University of California Agriculture & Natural Resources, 2000.

**Includes:** 1 computer CD

**Description:** Presents basic food safety techniques on food handling and cooking, food poisoning symptoms, and how food poisoning is transmitted

**Target Audience:** Child Care Providers, Caregivers, and Parents

Online ordering: <http://www.anrcatalog.ucdavis.edu>

**Feeding Children Well**

John Kerr

Austin, TX: Texas Nutrition Education & Training Program, 1995.

**Includes:** 1 videocassette (17 min.) (VHS)

**NAL Call Number:** Videocassette no. 2193

**Description:** Explains the Food Guide Pyramid and the importance of nutrition to child care providers. Available in both English and Spanish.

**Target Audience:** Child Care Providers

**Ordering Information:**

NFSMI- The University of Mississippi  
P.O. Drawer 188  
University, MS 38677-0188  
Phone: 800-321-3054  
Fax: 800-321-3061  
Email: [nfsmi@olemiss.edu](mailto:nfsmi@olemiss.edu)  
Online ordering: [www.nfsmi.org](http://www.nfsmi.org)

**Feeding Infants During the First Year**

Austin, TX: Texas Nutrition Education & Training Program, 2001.

**NAL Call Number:** TX361.C5 F45 2001

**Description:** A workshop manual developed to train contractors to plan nutritious meals that meet the infant meal pattern requirements of the USDA Child Nutrition Programs. The workshop covers USDA infant meal pattern requirements and recommendations, basic needs of infants, creditable foods for infants, crediting guide for infant foods, and safety and sanitation.

### **Feeding Young Children**

Cheyenne, WY: Wyoming Department of Education/Team Nutrition, 2003.

**Includes:** Videocassette (60 min.)(VHS), DVD (60 min.)

**NAL Call Number:** Videocassette no. 3324

**Description:** A 60 minute video or CD for child care providers which covers the following topics: Exploring the Food Guide and Activity Pyramids, Planning Menus Safely and Efficiently, Making Mealtime Pleasant, and Learning Activities and Resources.

#### **Ordering Information:**

Wyoming Dept. of Education

Health & Safety Unit

Hathaway Bldg., 2<sup>nd</sup> floor

Cheyenne, WY 82002-0050

Phone: 307-777-6262

Email: [kmordh@educ.state.wy.us](mailto:kmordh@educ.state.wy.us)

### **Happy Mealtimes for Healthy Kids**

Paula Peirce

University, MS: National Food Service Management Institute, 2003. 93 pp.

**Includes:** 3-stage evaluation, handouts for parents, and interactive activities for use with staff, training script, and PowerPoint slides.

**Web site:** <http://www.nfsmi.org/Information/hmhkindex.html>

**Description:** Two comprehensive training modules designed to teach child care staff best practices when feeding children.

**Target Audience:** Child care staff

NFSMI- The University of Mississippi

P.O. Drawer 188

University, MS 38677-0188

Phone: 800-321-3054

Fax: 800-321-3061

Email: [nfsmi@olemiss.edu](mailto:nfsmi@olemiss.edu)

Online ordering: [www.nfsmi.org](http://www.nfsmi.org)

### **Healthy Habits to Grow a Happy Family**

Team Nutrition Training Institute and Rhode Island Department of Education, 1999.

**NAL Call Number:** RJ206.T43

**Description:** Provides information on the food guide pyramid, family mealtime, the nutrition fact label, feeding children, starting the day with breakfast and exercise, creating a cost-effective healthy meal, and healthy snacking.

**Target Audience:** Child Care Providers and Educators

**Ordering Information:**

Kids First, Inc.  
5 Richmond Square  
Providence, RI 02906  
Phone: 401-751-4503  
Website: <http://www.kidsfirstri.org>  
Email: [kids1st@gis.net](mailto:kids1st@gis.net)

### **The Healthy Young Child**

Sari F. Edelstein  
Minneapolis/St. Paul, MN: West Pub. Co., 1995. 620 pp.  
**NAL Call Number:** RJ61.E23-1995

**Description:** Provides readers with a comprehensive, practical guide for the nurturing and caring of children. Outlines a detailed discussion of normal growth and development; focuses on how to feed children of all ages and provides an understanding of nutrition; places major emphasis on safety; and includes information on current health issues.

**Target Audience:** Child Care Providers

**Ordering Information:**  
West Publishing Company  
610 Opperman Drive  
P.O. Box 64526  
St. Paul, MN 55164-0526

### **La Piramide Alimenticia Para Ninos Pequenos (The Food Guide Pyramid for Young Children)**

Evanston, IL: United Learning

**Includes:** Duplication masters, teacher's guide with lesson plans, student activities, discussion questions, and script.

**NAL Call Number:** Videocassette No. 3244

**Description:** Demonstrates how to make the best food choices for children aged 2-6 years old. Video is 12 minutes in length

**Target audience:** CACFP sponsors, parents, and caregivers of young children

#### **Ordering Information**

1560 Sherman Avenue  
Suite 100  
Evanston, IL 60201  
Phone: 800-323-9084  
Fax: 847-328-6706  
Email: [info@unitedlearning.com](mailto:info@unitedlearning.com)

### **Making Nutrition Count for Children - Menu Planning Guide for Child Care Homes**

Alexandria, VA: United States Department of Agriculture Food and Nutrition Service, Spring 2002. 43 pp.

**NAL Call Number:** aTx353 .US no. 329

**Web Site:** <http://www.fns.usda.gov/tn/Resources/nutritioncount.html>

**Description:** Provides information on nutrients needed for children's growth and development, Dietary Guidelines for Americans, USDA Food Guide Pyramid, and choking prevention information. It shares ideas and tips on how to help children learn to make healthful food choices and how their eating and food behaviors change as they

grow. Included in the booklet are a set of activities and a few recipes for children with a tear-out matching game and a storage pocket.

**Target Audience:** Child Care Providers and Parents

**Ordering Information:**

USDA's Team Nutrition  
P.O. Box 1474  
Springfield, VA 22151-0474  
Phone: 703-305-1624  
Fax: 703-605-6852

**Nutrition in Action: Dietary Guidelines in Child Care: Featuring Quality Components of Nutrition Services in Child Care**

Middletown, CT:  
2001. (various pages).

**NAL Call Number:** RJ206.C57 2001.

**Description:** This is a comprehensive manual designed to address the many goals and requirements related to nutrition services in Connecticut preschool programs. The guide identifies a variety of components for quality nutrition services. The components have been divided into six checklists including: identifying children's nutrition needs; serving nutritious meals and snacks; promoting healthy eating practices; promoting physical activity; creating a developmentally appropriate and safe eating environment; and providing nutrition education and training.

**Ordering Information:**

Connecticut State Department of Education  
Office of Child Nutrition  
25 Industrial Park Road  
Middletown, CT 06457  
Phone: 860-807-2070  
Fax: 860-807-2084

**Nutrition in Infancy and Childhood. 7th Edition.**

Christine M. Trahms  
New York: NY McGraw-Hill, 2001. 458 pp.

**NAL Call Number:** In process.

**Description:** Presents information on growth and development, nutrient needs of infants and children, and the clinical approach to collecting and assessing food intake information. Includes discussions on infancy, preschool-age, school-age, and adolescent children.

**Target Audience:** Child Care Providers and Parents

**Team Nutrition Training for RCCI's and RIARC's Resource Manual**

Donna LaVallee and Elaine Cwynar  
Providence, RI: Rhode Island Team Nutrition Training Institute Program, 1999.

**Includes:** 1 binder, 3 ½ floppy disc power point presentation

**NAL Call Number:** TX361.H35 C89 1999

**Description:** Provides information on nutrition planning, recipes, safety and cooking techniques, knives skills, sanitation and equipment for staff members working in residential child care institutions.

**Target Audience:** Child Care Providers and Food Service Personnel

**Ordering Information:**

KIDS FIRST, Inc.  
5 Richmond Square  
Providence, RI 02906  
Phone: 401-751-4503  
Website: <http://www.kidsfirstri.org>  
Email: [kids1st@gis.net](mailto:kids1st@gis.net)

## **B. Child and Adult Care Food Program Operations**

### **Caring for Our Children**

Dan Huber

Elk Grove Village, IL: American Academy of Pediatrics, 1995.

**Includes:** 6 videocassettes (176 min.)(VHS) and 1 booklet

**NAL Call Number:** Videocassette no. 2459

**Description:** This video demonstrates how to comply with various guidelines from Caring for our Children, a book that contains national standards for development and evaluation of health and safety performance for out-of-home child care.

**Target Audience:** Child Care Providers

#### **Ordering Information:**

American Academy of Pediatrics

P.O. Box 927

141 Northwest Point Blvd

Elk Grove Village, IL 60009-0927

Phone: 847-434-4000

**Online ordering:** <http://www.aap.org/bookstorepubs.html>

### **Child and Adult Care Food Program Training Workbook for Child Care Centers fiscal year: 1998-1999**

Lincoln, Neb. Child and Adult Care Food Program, Nutrition Services, Nebraska Dept. of Education, 2000.

**NAL Call Number:** TX911.2 .C55 2000.

**Description:** Workbook for people who are learning to administer the Nebraska Child and Adult Care Food Program. Includes lessons in record keeping, how to determine eligibility, how to use the various forms required for the CACFP, how to prepare the monthly claim for reimbursement, how to organize and file CACFP records, and how to prepare for a compliance review or audit. Information is applicable to other non-Nebraska CACFP.

**Target Audience:** Child and Adult Care Food Program Providers

#### **Ordering Information:**

Child and Adult Care Food Program

Nutrition Services

Nebraska Department of Education

301 Centennial Mall South

P.O. Box 94987

Lincoln, Nebraska 68509

Phone: 402-471-2488

**Website:** <http://nde.state.ne.us/ns/>



**Evaluation of menus planned in Mississippi child-care centers participating in the Child and Adult Care Food Program.** C. Oakley, et al. *Journal of the American Dietetic Association*, 95 (7): 765-768. 1995.

**NAL Call Number:** 389.8 Am34

**Description:** Objectives: To collect information from licensed child-care centers in Mississippi on their foodservice operations relative to participation in the Child and Adult Care Food Program sponsored by the U.S. Department of Agriculture (USDA); to collect information on who planned the menus; and to evaluate the energy and nutrient content of the planned menus relative to the suggested goal of one third of the Recommended Dietary Allowances (RDAs) and the recommendations made in the Dietary Guidelines for Americans. Details of the study and results are included.

**Target Audience:** Health Care Professionals and Dietitians

### **Healthful Menus and Recipes for Children Over Two Years of Age in the Child and Adult Care Food Program**

Julie A. Haines, Madeleine Sigman-Grant, and Lynne J. Brown  
Harrisburg, PA: Pennsylvania Dept. of Education, 1996. 90 pp.

**NAL Call Number:** TX361.C5H35 1996

**Description:** Provides ideas to help child care givers meet the nutritional needs of the children in their care. Contains menus that follow the current recommendations of the American Academy of Pediatrics for healthy children over two years of age. Includes nutrition activities and resource list; a food safety section; recipes to provide the care giver with helpful ideas to use in providing safe; and healthful food choices to children.

**Target Audience:** Child Care Providers

#### **Ordering Information:**

Pennsylvania Department of Education  
Division of Food and Nutrition  
333 Market Street, 4<sup>th</sup> floor  
Harrisburg, PA 17126-0333  
Phone: 717-787-7698

### **Menu Magic for Children**

Washington, D.C.: U.S. Dept. of Agriculture, Food and Nutrition Service, 2002.

**NAL Call Number:** aTX353 .U5 no. 328

**Description:** Includes information about the CACFP meal pattern requirements, menu planning, sample menus, and recipes.

**Target Audience:** Child Care Providers

**Web Site:** <http://www.fns.usda.gov/tn/Resources/menumagic.html>

Phone: 703-305-1624

Email: [teamnutrition@fns.usda.gov](mailto:teamnutrition@fns.usda.gov)

## **C. Teaching Nutrition and Physical Activity to Young Children**

### **CARE Connection Training Program**

Florida DOE, Food and Nutrition Management Section, North Carolina Division of Women's and Children's health, Nutrition Services Section, 1997.

**NAL Call Number:** Kit no. 383

**Includes:** 10 lesson series containing 48 mini-lessons.

**Description:** The CARE Connection uses a process for good decision making. The video shows a scenario of a child care provider introducing children to fresh kiwi and pineapple using the CARE decision making process.

**Target Audience:** Child care centers and family day care

**Web Site:** <http://www.nfsmi.org/Information/ccindx.htm>

**Ordering Information:**

NFSMI – The University of Mississippi

P.O. Drawer 188

University, MS 38677-0188

Phone: 800-321-3054

Fax: 800-321-3061

Email: [nfsmi@olemiss.edu](mailto:nfsmi@olemiss.edu)

**Effects of restrictive and self-selected feeding on preschool children's food intake and waste at snack time**

L. Branen and J. Fletcher *Journal of Nutrition Education*, 26 (6): 273-277. 1994.

**NAL Call Number:** TX341.J6

**Description:** Regulating young children's food intake is common practice in child care facilities. Many care givers fear that children will overeat or waste food if allowed to select their own portions. The purpose of this study was to compare food intake and waste of preschool children at snack time when given one portion of snack and when allowed to self-select their snack amount.

**Target Audience:** Health Care Professionals and Dietitians

**Healthy Heart Snack Choices: A Resource Guide**

Susan M. Kessler

Plainview, NY: Cornell Cooperative Extension, Nassau County, 1996. 170 pp.

**NAL Call Number:** RC684.D5K377 1996.

**Description:** Project provides guidance in promoting healthy snacking habits in children by introducing them to healthy foods in a relaxed, recreational atmosphere.

**Target Audience:** Child Care Providers and Educators

**Ordering Information:**

Cornell Cooperative Extension of Nassau County

1425 Old Country Road

Plainview, NY 11803

Phone: 607-255-2237

## **D. Education for Parents**

**American Academy of Pediatrics Guide to Your Child's Nutrition: Making Peace at the Table and Building Healthy Eating Habits for Life, 1<sup>st</sup> edition**

William H. Dietz and Loraine Stern, editors

New York, NY: Villard Books, 1999. 234 pp.

**NAL Call Number:** RJ206.A494 1999

**Description:** Gives parents the information and strategies they need to take care of the dietary requirements of children from birth through adolescence. Emphasizes the following topics: what's best for newborns; introducing solid foods; nutrition basics for toddlers, school-age children, and adolescents; identifying food allergies; recognizing and treating eating disorders; alternative diets and supplements; food safety and additives;

how to tell if a child is overweight, underweight, etc. Discusses how to plan healthy menus and how to make mealtime a pleasant experience for the entire family.

**Target Audience:** Parents

**Ordering Information:**

American Academy of Pediatrics

P.O. Box 927

141 Northwest Point Blvd

Elk Grove Village, IL 60009-0927

Phone: 847-434-4000

**Online ordering:** <http://www.aap.org/bookstorepubs.html>

**Caring for Your Child with Severe Food Allergies: Emotional Support and Practical Advice from a Parent Who's Been There**

Lisa Cipriano Collins

New York, NY: John Wiley, 2000. 115 pp.

**NAL Call Number:** RJ386.5 C64 2000

**Description:** Helps families cope with the emotional aspects of raising a child at risk for severe food reactions. Covers identifying allergies, working with schools, restaurant and travel concerns, encouraging independence, finding treatment, safety risks and solutions, helping your child help himself, identifying ingredients, making an emergency kit, finding support, and developing community awareness

**Target Audience:** Parents

**Ordering Information:**

Customer Care Center - Consumer Accounts

10475 Crosspoint Blvd.

Indianapolis, IN 46256

Phone: 877-762-2974

Fax: 800-597-3299

E-mail: [consumers@wiley.com](mailto:consumers@wiley.com)

**Cooking Demo II**

Food and Health Communications, Inc., 2001.

**Description:** Contains food demonstration lessons that emphasize the use of fruit, vegetables, whole grains and beans. While mostly for use with consumers, one lesson addresses training staff on food safety during food demonstrations.

**Target audience:** Parents and Children

**Online Ordering:** <http://www.foodandhealth.com/products.php?pid=15>

**Feeding with Love and Good Sense**

William Maund, producer

Madison, WI: Ellyn Satter Associates, 1994.

**Includes:** 1 videocassette (60 min.) (VHS) and 1 teacher's guide

**NAL Call Number:** Videocassette no. 2545

**Description:** Shows the care giver how to feed young children

**Target Audience:** Parents and child care providers

**Ordering Information:**

Ellyn Satter Associates

4226 Mandan Crescent, Suite 50

Madison, Wisconsin 53711

Phone: 800-808 7976

Website: <http://www.ellynsatter.com>

### **Food Family Fun**

Alexandria, VA: United States Department of Agriculture, 1996, 122 pp.

**NAL Call Number:** aTX661.T43 1996

**Description:** Recipes for fun, healthy and affordable meals partnered with learning activities. This cookbook emphasizes seasonal bargains and is organized by season and month. Examples of recipes include Chicken Stir Fry, Fruit Yogurt Shake. In addition the book includes important information about the Dietary Guidelines for Americans, the Food Guide Pyramid, serving sizes, nutrition labels, food safety, and a list of resources for additional information.

**Target Audience:** Parents

**Ordering Information:**

NFSMI – The University of Mississippi

P.O. Drawer 188

University, MS 38677-0188

Phone: 800-321-3054

Fax: 800-321-3061

Email: [nfsmi@olemiss.edu](mailto:nfsmi@olemiss.edu)

### **Food for Thought**

Nancy Battista Morgan

Evanston, IL: United Learning, 1995.

**Includes:** 1 videocassette (12 min.) (VHS)

**NAL Call Number:** Videocassette no. 2146

**Description:** Suggests ways for parents of young children to cope with the dinner hour in a peaceful way. Presents helpful suggestions that encourage appropriate behavior, such as how to deal with picky eaters and how to keep a hungry child from disrupting the entire family meal.

**Target Audience:** Parents

**Ordering Information:**

1560 Sherman Avenue

Suite 100

Evanston, IL 60201

Phone: 800-323-9084

Fax: 847-328-6706

Email: [info@unitedlearning.com](mailto:info@unitedlearning.com)

### **Healthy Habits to Grow a Happy Family: A Trainer's Guide**

Kids First, Inc.

**NAL Call Number:** RJ206 .T43 1999

**Description:** Healthy Habits to Grow a Happy Family is a trainer's guide to instruct parents on feeding their children. The course consists of five sessions: The Food Guide Pyramid, family meal times, nutrition fact labels, feeding children, breakfast and exercises, creating cost-effective healthy meal through shopping and menu planning, and healthy snacking. Each of the sessions contains recipes with shopping lists, objectives, and materials needed by the presenters and parents.

**Target Audience:** Parents

**Ordering Information:**

Dorothy Hebert, Director

RI Team Nutrition Training Institute  
One Richmond Square  
Providence, RI 02906  
Phone: 401-421-0248

**Nibbles for Health: Nutrition Newsletters for Parents of Young Children**

Alexandria, VA: U.S. Department of Agriculture, Food and Nutrition Service, Team Nutrition, 2002. (various pagings).

**Description:** Nibbles for Health was developed for child care center staff and parents of young children enrolled in child care centers. This kit offers child care center staff guidance on conducting discussions with parents in three “sharing sessions” and accompanying posters. Also contained in the kit are 41 reproducible newsletters that staff can provide to parents to address many of the challenges they face.

**Web site:** <http://www.fns.usda.gov/tn/Resources/nibbles.html>

**Nutrition Guide to Food Allergies**

Anne Muñoz-Furlong  
Fairfax, VA: Food Allergy Network, 1992. 23 pp.

**NAL Call Number:** RC596.N87 1992

**Description:** Discusses what a food allergy is, how it's diagnosed, and how it's treated. Teaches parents how a child's food allergy will affect his or her diet. Explains the importance of balanced meals in the treatment of a food allergy, encouraging parents not to change a child's diet without consulting a pediatrician, allergist, or registered dietitian.

**Target Audience:** Parents

**Ordering Information:**

The Food Allergy Network  
4744 Holly Avenue  
Fairfax, VA 22030-5647  
Phone: 703- 691-3179  
Website: <http://www.foodallergy.org>

**Oatmeal in My Hair: the Challenge of Feeding Kids**

Minneapolis, MN: Gannett Production Services, 1992.

**Includes:** 1 videocassette (12 min.) (VHS)

**NAL Call Number:** Videocassette no. 1301

**Description:** Several parents discuss their problems with feeding their preschool children. Topics include: ideas for snacks, ways to make mealtime more pleasant, shopping tips, typical characteristics of preschooler parents as role models. Variety of ethnic groups and family types are represented, including a divorced father and a single other.

**Target Audience:** Parents

**Off to School with Food Allergies: a Guide for Parents and Educators: Parent's Guide**

Robert S. Zeiger and Anne Muñoz-Furlong  
Fairfax, VA: Food Allergy Network, 1992. 20 pp.

**NAL Call Number:** RC596.M86 1992

**Description:** Intended to help parents and educators of children with food allergies work together to ease the stressful transition period of sending a child off to school. Answers such questions as what is a food allergy, what foods cause food-allergic reactions, what

are typical symptoms that occur during a food-allergic reaction, can food allergies kill, can food allergies be outgrown, what steps should be taken if a student is experiencing a food-allergic reaction, etc. Contains a checklist for parents and tips for packing lunches for food-allergic children.

**Target Audience:** Parents and Educators

**Ordering Information:**

The Food Allergy Network

4744 Holly Avenue

Fairfax, VA 22030-5647

Phone: 703-691-3179

**Website:** <http://www.foodallergy.org>

**Parents and Children Sharing Food Tasks**

Berkeley, CA: University of California EFNEP, 1998.

**NAL Call Number:** Videocassette no. 3023

**Description:** This 1.5 hour lesson addresses introducing new foods, parent-child feeding relationship, and snacking. Childhood overweight and dietary iron intake are optional topics. A lesson Guide provides discussion points, activities, the videotape scripts, and other information for instructors. A video presents information on the division of feeding responsibility in English followed by Spanish. Handouts in English or Spanish.

**Target audience:** Parents of children ages 2-7

**Team Nutrition's Food, Family and Fun: a Seasonal Guide to Healthy Eating:**

Alexandria, VA: U.S. Dept. of Agriculture, Food and Consumer Service; Washington, DC, GPO. 122 pp.

**NAL Call Number:** aTX661.T43 1996

**Description:** This is a collection of 50 recipes, organized by season, features family nutrition education activities.

**Target Audience:** Child Care Providers

**Web site:** <http://www.nal.usda.gov/childcare/Recipes/childcare.html>

**Ordering Information:**

NFSMI – The University of Mississippi

P.O. Drawer 188

University, MS 38677-0188

Phone: 800-321-3054

Fax: 800-321-3061

Email: [nfsmi@olemiss.edu](mailto:nfsmi@olemiss.edu)

**Team Up at Home II – Fun Nutrition Activities for the Family**

West Virginia Department of Education, Office of Child Nutrition, 2002.

**NAL Call Number:** RJ216.T432 2002

**Description:** This training material was designed to provide short, powerful, activity oriented nutrition education lessons to parents in a group learning setting. Eleven lessons, each accompanied with lesson instructions and additional materials are included in the 3-ring binder. Each lesson requires 30-45 minutes, but the instructions are written to allow the instructors flexibility in planning and presenting the lessons.

**Target audience:** Parents/ Caregivers

**Ordering Information:**

West Virginia Department of Education, Office of Child Nutrition

1900 Kanawha Boulevard East

**West Virginia Traditions: Families, Food & Fun**

West Virginia Dept of Education, 2000.

**Includes:** 1 Videocassette (18 min)(VHS) and 1 Leader's Guide

**NAL Call Number:** Videocassette no. 3235

**Description:** This video is designed to help West Virginian families pass on healthy habits and a positive attitude about nutrition to their children, as well as the rich history of family meals. The video complements Team Nutrition's Team Up at Home nutrition lessons.

**Ordering Information:**

West Virginia Curriculum Technology Resource Center

Cedar Lakes Conference Center

Ripley, WV 25271

Phone: 304-372-7824

**E. Food Safety**

**Be Food Safe! Curriculum Unit for Nutrition Education Assistants**

Joan E. Helzer and Lucia L. Kaiser

Davis, CA: University of California, Division of Agriculture and Natural Resources, Cooperative Extension, Dept. of Nutrition, 2000. 133 pp.

**NAL Call Number:** TX531.H45 2000

**Description:** This train-the-trainer curriculum addresses key messages about food safety. The lessons may be taught as one 60-90 minute lesson or as four 10-15 minute mini-lessons. The lessons and handouts incorporate the four Fight Bac! Messages: Clean, Separate, cook and chill. Other topics discussed include: sources of foodborne illness, prevention, symptoms and what to do if you think you have a foodborne illness. Available in the following languages, English and Spanish, Cambodian, Chinese, Hmong, Laotian, and Vietnamese.

**Ordering Information:**

ANR Communication Services

6701 San Pablo Ave.

Oakland, CA 94608

Phone: 800-994-8849/510-642-2431

Fax: 510-643-5470

Online ordering:

<http://anrcatalog.ucdavis.edu/merchant.ihtml?pid=4076&lastcatid=350&step=4>

**Don't Give Kids a Tummyache! CD-ROM**

DANR Publications, 2000.

**NAL Call Number:** S39.P82 no. 21586

**Description:** This training program for parents, child care providers, and other caregivers presents the basics of how to avoid food poisoning in a 45 to 60 minute presentation. Through a series of activities and case studies, participants are guided through the basics of handling and cooking food safely, food poisoning symptoms, and how food poisoning is transmitted. Written in both English and Spanish, the format allows printing out of the curriculum, handouts, and 19 transparencies in black and white or in color.



**Target audience:** child care providers and parents.

**Ordering Information:**

University of California  
Division of Agriculture and Natural Resources  
Communication Services  
6701 San Pablo Avenue, 2nd Floor  
Oakland, CA 94608-1239  
Phone: 800-994-8849 or 510-642-2431  
Fax: 510-643-5470  
Web site: <http://anrcs.ucdavis.edu/>

**Glo-Germ**

Glo-Germ Company

**Description:** Glo-germ is a kit that helps teach handwashing, aseptic techniques, and general infection control. The kit consists of an oil, a powder, and a special fluorescent lamp. The oil and powder contain plastic germs and the lamp reveals the germs. Students apply either the oil or the powder and then work through their normal handwashing procedure. The lamp is then used to spot remaining germs. Choice of three different kits, depending on light source.

**Website:** <http://www.glogerm.com/>

**Target audience:** Pre-school and school children, parents, and child care providers

**Hands on Cooking Projects for Children & Parents**

Marty Lash Cook, Rita K. Moore, and Alyce D. Fly

Bloomington, IN: Bloomington Developmental Learning Center, 1993. 31 pp.

**NAL Call Number:** TX661.C66 1993

**Description:** A collection of simple recipes for children and adults to make together. Recipes are organized by breads and grains, appetizers, main dishes, and snacks and beverages. Recipes include nutritional analysis. Suggestions for favorite books, songs, and activities accompany each recipe. Also included are tips for healthy eating and teaching children good table manners.

**Keeping Kids Safe: a Guide for Safe Food Handling & Sanitation**

Washington DC: USDA, Food Safety and Inspection Service, 1996. 21 pp.

**Description:** This booklet is designed to help child care providers with food safety and sanitation basics. The information is presented in pictographic format. Each page is designed so that it can be easily read and copied and can stand on its own as a learning component.

**Website:** <http://schoolmeals.nal.usda.gov/Safety/KidsSafedit.pdf>

**Target audience:** Child Care Providers

**Safe Food for Children**

Pullman, WA: Washington State University Cooperative Extension, Department of Food Science and Human Nutrition, 1998. 21 pp.

**Description:** This booklet covers the basics of food safety and food handling guidelines for child care providers. Topics include foodborne illness, sanitation, caring for infants and toddlers, cooking, cleaning, food sources, food storage, snack and mealtime, field trips, pets and food preparation.

**Website:** <http://cru.cahe.wsu.edu/CEPublications/eb1868/eb1868.pdf>

**Target audience:** Child Care Providers



**Safe Food for Children**

**Includes:** 2 videocassettes and 5 leader's guides

Manhattan, KS: Cooperative Extension Service, Kansas State University, 1993.

**NAL Call Number:** Kit no. 231

**Description:** Provides information for child care providers on safe food handling.

Discusses how and when to wash hands; how to shop for safe food; how to prepare and serve food safely; how to store food safely; and how to keep the kitchen and its equipment sanitary.

**Target audience:** Child Care Providers

**Safe Food, Healthy Children**

**Includes:** 1 videocassette, 1 facilitator's packet, and 1 participant packet

Georgia: University of Georgia Cooperative Extension Service, 1995.

**NAL Call Number:** Kit no. 340

**Description:** Deals with problems of foodborne illness and its possible devastating effects on children, and identifies ways to prevent foodborne illness in child care centers and family day care homes.

**Target audience:** Child Care Providers

**Sanitation and Health – Trainer Guide**

Austin, TX: Texas Dept. of Human Services, Special Nutrition Programs, 2001. (various pagings).

**NAL Call Number:** TX531.S2631 2001

**Description:** This training manual provides participants with the proper sanitary guidelines to ensure that safe food is prepared and served. This workshop was designed for any staff involved with handling, preparing, and storing of food, or personnel who clean or care for utensils, dishes, equipment, and the general food service facility, and whose facility participates in one or more of the USDA Child Nutrition Programs: Child and Adult Care food Program, National School Lunch Program; School Breakfast Program; Special Milk Program; and Summer food Service Program.

**Target Audience:** Food Service Personnel in Schools

**Ordering Information:**

Brenda Miller-Hampton

TDHS

P.O. Box 149030, MC Y-906

Austin, TX 78664-8531

Phone: 512-467-5893

**F. Food Service****Building Blocks for Fun and Healthy Meals**

Alexandria, VA: Food and Nutrition Service, United States Department of Agriculture, 2000.

**NAL Call Number:** TX353 U5 no. 305

**Web site:** <http://www.fns.usda.gov/tn/Resources/buildingblocks.html>

**Description:** A menu planner for the Child and Adult Care Food Program. This menu planner contains information on the CACFP meal requirements, advice on how to serve high quality meals and snacks, menu planning, nutrition education ideas and tips.

**Target Audience:** Child and Adult Care Food Service Personnel

**Ordering Information:**

USDA's Team Nutrition  
P.O. Box 1474  
Springfield, VA 22151-0474  
Fax: 703-605-6852

**Calendar-Keeper**

St. Paul, MN: Redleaf Press, 2004. 92 pp.

**Description:** The Calendar-Keeper gives monthly expense charts for all purchases; monthly attendance and payment log; Food Program tallies for meals, expenses, and claims; weekly/quarterly income record; record-keeping advice; tax worksheets; mileage record; ready-to-use waiting list; fire and emergency drill records; emergency numbers; recipes and menus with CACFP crediting; and much more.

**Target Audience:** Child Care Providers

**Ordering Information:**

RedLeaf Press  
450 North Syndicate, Suite 5  
St. Paul, MN 55104  
Phone: 800-423-8308

**Website:** <http://www.redleafpress.org>

**Child Care Recipes: Food for Health and Fun**

United States Department of Agriculture's Child and Adult Care Food Program, Food and Nutrition Service, 1999. (various pagings).

**NAL Call Number:** aTX353 US no. 304a

**Web site:** <http://www.nal.usda.gov/childcare/Recipes/childcare.html>

**Description:** This manual is a collection of 141 new recipes with many of them providing variations for a total of 180 recipes. Each recipe contributes to a reimbursable meal served to children in the Child and Adult Care Food Program. The recipes add variety to menus with plenty of fruits, vegetables, and grain products. They are lower in fat, saturated fat, and sodium than previous recipe collections for child care centers. A food safety publication for child care providers is also enclosed in the manual.

**Target Audience:** Child and Adult Care Food Program Personnel

**Ordering Information:**

NFSMI – The University of Mississippi  
P.O. Drawer 188  
University, MS 38677-0188  
Phone: 800-321-3054  
Fax: 800-321-3061  
Email: [nfsmi@olemiss.edu](mailto:nfsmi@olemiss.edu)

**Children's Choices, a Cookbook for Family Child Care Providers**

Karen Ross, Doris Fredericks, and Lynette Brown  
Sacramento, CA: California Dept. of Education, 1995. 158 pp.

**NAL Call Number:** TX714.C484 1995

**Description:** Recipe book designed to assist family child care providers in feeding the young children in their care. The recipes included here provide variety and good nutrition, and they meet the Child Care Food Program requirements.

**Target Audience:** Family Child Care Providers

**Ordering Information:**

California Department of Education  
1430 N Street  
Sacramento, CA 95814  
Phone: 916-319-0800

**Connecticut Cooks for Kids: a Collection of Recipes from Child Care Providers throughout Connecticut**

Ellen L. Shanley, Collen A. Thompson, and Susan A. Fiore  
Storrs, CT: Connecticut Nutrition Education and Training Program, Dept. of Nutritional Sciences, College of Agriculture and Natural Resources, University of Connecticut, 1996.  
181 pp.

**NAL Call Number:** TX715.S53

**Description:** A compilation of recipes submitted by child care providers who participate in the Child and Adult Care Food Program.

**Target Audience:** Child Care Providers

**Ordering Information:**

The University of Connecticut  
Dept. of Nutritional Sciences  
3624 Horsebarn Road Ext  
Storrs, CT 06269  
Phone: (860) 486 1787

**Feeding for the Future: Exceptional Nutrition in the I.E.P.**

Tallahassee, FL: Florida Dept. of Education, Food and Nutrition Management Section, 1993.

**Includes:** 1 videocassette (19 min.)(VHS) and 1 guide

**NAL Call Number:** Videocassette no. 2286

**Description:** This video was created to help caregivers of exceptional children build self feeding skills and improve the nutritional health of these children.

**Target Audience:** Child Care Providers

**Feeding Infants: A Guide for Use in the Child Nutrition Programs**

Alexandria, VA: Food and Nutrition Service, United States Department of Agriculture, 2002.

**NAL Call Number:** aTX353.U5 no.258 2002

**Web site:** [http://www.fns.usda.gov/tn/Resources/feeding\\_infants.html](http://www.fns.usda.gov/tn/Resources/feeding_infants.html)

**Description:** The guide presents information on infant development, nutrition for infants, breastfeeding and formula feeding, preventing tooth decay, feeding solid foods, drinking from a cup, choking prevention, sanitary food preparation and safe food handling, commercially prepared and home-prepared baby food, and some of the Infant Meal Pattern requirements.

**Target Audience:** Child Care Providers

**Food Buying Guide for Child Nutrition Programs**

Food and Nutrition Services, USDA, 2001.

**Web site:** <http://schoolmeals.nal.usda.gov/FBG/buyingguide.html>

**Description:** This resource helps school food service professionals buy the right kind of food and buy it most economically whether they use one of the food-based or nutrient standard menu planning approaches. For the food-based menu planning options, it will

help them determine the specific contribution each food makes toward the meal pattern requirements.

**Ordering Information:**

NFSMI – The University of Mississippi

P.O. Drawer 188

University, MS 38677-0188

Phone: 800-321-3054

Fax: 800-321-3061

Email: [nfsmi@olemiss.edu](mailto:nfsmi@olemiss.edu)

**Food for Thought: an Information Package**

Tallahassee, FL: Florida Dept. of Education, 1996.

**Includes:** 1 videotape, 4 brochures, and 1 booklet

**NAL Call Number:** Kit no. 312

**Description:** Explains the relationship between nutrition and learning and encourages school food service managers to coordinate with school improvement advisory councils.

**Target Audience:** School Food Service Managers

**Ordering Information:**

Bureau of School Business

Food and Nutrition Management Section

325 West Gaines Street

Tallahassee, FL 32399

**Food for Tots: the Complete Guide to Feeding Preschoolers, Including 100+ Kid-Tested Recipes**

Janice Woolley, Jennifer Pugmire, Marilyn Taggart

Mercer Island, WA: Food for Tots Pub., 2001.

**NAL Call Number:** RJ206.W798 2001

**Description:** Includes tips for raising healthy eaters, from first foods to finger foods to family meals; essential information about food allergies, food safety, and nutrition; creative ways to involve preschoolers in cooking; great recipes for play dough, bubbles, and other fun activities.

**Target Audience:** Child Care Providers and Pre-school Educators

**Ordering Information:**

Food for Tots, Division of Mammoth Media, Inc.

P.O Box 241

Mercer Island, WA 98040-0241

Phone: 866-366-3367

Email: [info@foodfortots.com](mailto:info@foodfortots.com)

Website: <http://www.foodfortots.com>

**From Animal Crackers to Wild West Beans: Easy and Fun Vegetarian Recipes for Healthy Babies and Children**

Carol Timperley

Lincolnwood, Ill: Contemporary Books, 1998.

**NAL Call Number:** TX837 T495 1998

**Description:** Includes more than 150 creative, nourishing, meat-free recipes that babies and children will love. Also includes information to help you shop, cook, and freeze ahead; and menu charts for babies and toddlers aged 4 to 6 months, 6 to 9 months, and 9 to 12 months

**Target Audience:** Parents and Childcare Providers

**A Guide to Feeding Young Children with Special Needs**

Phoenix, AZ: Arizona Dept. of Health Services, Office of Nutrition Services, 1995. 95 pp.

**NAL Call Number:** TX361.H35G85 1995

**Description:** Designed to increase the awareness of special challenges involved in nutrition and feeding concerns for children with special health care needs and to present ways to approach the issues. It includes children with chronic illnesses and disabilities such as cerebral palsy, spina bifida, food allergies, metabolic disorders and serious emotional and behavioral disorders.

**Target Audience:** Child Care Providers

**Ordering Information:**

Arizona Department of Health Sciences  
Office of Nutrition Services  
1740 West Adams Street  
Phoenix, Arizona 85007  
Phone: 602-542-1886

**Healthful Menus and Recipes for Children Over 2 Years of Age in CACFP**

Julie A. Haines, Madeleine Sigman-Grant, and Lynne, J. Brown  
University Park, PA: Distribution Center, 1996. 90 pp.

**NAL Call Number:** TX361.C5H35 1996

**Description:** Provides ideas to help child care givers meet the nutritional needs of the children in their care. Contains menus that follow the current recommendations of the American Academy of Pediatrics for healthy children over two years of age, as well as a nutrition activities and resource list, a food safety section, and recipes to provide the care giver with helpful ideas to use in providing safe and healthful food choices to children.

**Ordering Information:**

Penn State University Publications  
112 Agricultural Administration Building  
University Park, PA 16802-2602  
Phone: 814-865-6713  
Email: [JHAINES@A1.PSUPEN.PSU.EDU](mailto:JHAINES@A1.PSUPEN.PSU.EDU)

**Healthy Eating for 2-5 Year-Old Children**

Maryland Cooperative Extension

**Description:** This booklet provides parents and child care providers with practical advice on feeding children 2-5 years old. Main topics include Building Healthy Habits, Healthy Food Choices, Need for Exercise Every Day and Food Safety.

**Target Audience:** Parents and Child Care Providers

**Online ordering:**

<http://www.agnr.umd.edu/MCE/Publications/OrderPub.cfm?ID=477&cat=F>

**Healthy West Hollywood Cookbook**

Lenexa, KA: Cookbook Publishers, Inc. (California Department of Health Services and United States Department of Agriculture), 1999. 33 pp.

**NAL Call Number:** in process

**Description:** A nutritional, multilingual, multi-cultural cookbook that reflects the diversity of Mexico, Argentina, Jamaica, Russia, India, Greece, China, and other areas of Eastern Europe, the Middle East, and the United States of America.

**Target Audience:** Child Care Providers and Educators

**How to do a Good Job – a Guide for Child Nutrition Employees; South Dakota  
Child Nutrition Program Certification Institute Track One**

SD: Child and Adult Nutrition Services, Division of Education Services and Resources, SD Department of Education and Cultural Affairs, 2000. (various pagings).

**NAL Call Number:** LB3479 U62 H68 2000

**Description:** This manual contains the 30-hour course for South Dakota Child Nutrition Program Certification Institute, called track 1 for child nutrition employees on professional work habits, healthy eating, guidelines for the child nutrition program, and kitchen safety. Divided into 6 sections with performance objectives, followed by an activity that allows participants to use the information presented and show that they know how to use it in their jobs. This is termed “authentic assessment.”

**Target Audience:** Food Service Personnel in Schools and Child Care Centers.

**Ordering Information:**

Sandra Kangas, Yibo Wood  
700 Governors Drive  
Pierre, SD 57501  
Phone: 605-773-3413

**Linking Individual Differences with Nutritional Needs: Trainer's Manual**

Columbia, MO: Missouri Dept. of Health; University of Missouri-Columbia, 1993.

**NAL Call Number:** TX361.C5L56 1993

**Description:** Participants learn to compare and contrast the nutritional needs of overweight and underweight children; recognize the link between exercise, food, and good health; recognize the different levels of vegetarian diets and be able to accommodate them within the child care setting; list the most common food allergies in early childhood and ways to minimize allergy development in children; adapt for feeding problems associated with caring for children with special health care needs.

**Target Audience:** Child Care Providers

**Meals Without Squeals: Child Care Feeding Guide and Cookbook**

**Christine Berman, and Jacki Fromer.**

Palo Alto, CA: Bull Publisher

Emeryville, CA: Publishers Group West, 1997. 2<sup>nd</sup> edition

**NAL Call Number:** TX361.C5B47 1997

**Description:** Contains age-specific, child-tested recipes along with information on children's growth. Explains how common feeding problems can be solved and shows ways to offer children positive experiences with food. Includes: current information on children's nutritional needs, including how to deal with food allergies, calcium, fiber, and fat; how to read Nutrition Facts on food labels, plus an introduction to the new Food Guide Pyramid; recent listings of educational and community nutrition resources; sample menus, complete with recipes and portion sizes, in adherence with the USDA's Child Care Food Program; new organizational forms and checklists to aid in preparing to feed groups of children.

**Target Audience:** Child Care Provider

**Ordering Information:**

Publishers Group West  
1700 Fourth Street  
Berkeley, CA 94710  
Phone: 510-528-1444, 800-788-3123  
Fax: 510-528-3444  
Email: [info@pgw.com](mailto:info@pgw.com)

**Planning Menus Kids Will Eat: Trainer's Manual**

Columbia, MO: Missouri Dept. of Health; University of Missouri-Columbia, 1993. 1 volume.

**NAL Call Number:** TX361.C5P53 1993

**Description:** Teaches participants to understand the concept of creditable foods; increase their understanding of menu planning and identify factors that impact menus and time of meal service in child care settings; relate the concepts of cycle menus, seasonal considerations and multicultural diversity as it applies to meals; construct their own meal plans and analyze menus for nutritional value; demonstrate ways to introduce new foods to children; weigh the pros and cons of using convenience and fast foods; etc.

**Target Audience:** Child Care Providers and Personnel

**Recipes and Tips for Healthy, Thrifty Meals**

United States Department of Agriculture, Center for Nutrition Policy and Promotion, 2000.

**NAL Call Number:** aTX714 .R43 2000

**Description:** Provides tips for planning, shopping, and cooking healthy meals on a tight budget. It contains sample menus for 2 weeks, recipes for healthy, thrifty meals, and lists of foods needed for each weekly menu.

**Target Audience:** Child Care Providers and Food Service Personnel

**Ordering Information:**

U.S. Department of Agriculture  
Center for Nutrition Policy and Promotion  
3101 Park Center Drive, Rm. 1034,  
Alexandria, VA 22302-1594  
Phone: 703-305-7600 Fax 703-305-3400  
Website: <http://www.usda.gov/cnpp/>

**Safe Food, Healthy Children**

Athens, GA: University of Georgia Cooperative Extension Service, 1995.

**Includes:** 1 videocassette, 1 facilitator's packet, and 1 participant packet

**NAL Call Number:** Kit no. 340

**Description:** Deals with problems of food borne illness and its possible devastating effects on children, and identifies ways to prevent food borne illness in child care centers and family day care homes.

**Target Audience:** Child Care Providers

**Ordering Information:**

The University of Georgia  
Hoke Smith Annex  
Athens, GA 30602-4356  
Phone: 706-542-3773

**Special Foods for Special Kids: a Training Tool for Child Care Providers on Feeding Children with Special Needs**

Manhattan, KS: Kansas State University, College of Agriculture, Dept. of Communications, 1995.

**Includes:** 1 videocassette (37 min.) (VHS) and 1 manual

**NAL Call Number:** Videocassette no. 2547

**Description:** Explains how child care providers can plan, respond to, and provide for a child with special needs. Describes various types of modifications that may be made to the diet to accommodate these children.

**Target Audience:** Child Care Providers

**Stepping Up for Healthy Families: Training for School Food Service Personnel**

Charleston, WV: The Office, 2000. sponsored West Virginia Department of Education Office of Child Nutrition

**NAL Call Number:** TX364 S75 2000

**Description:** Enables school food service professionals to deliver nutrition information to families in local schools and community settings. This train-the-trainer model prepares presenters to offer hands-on parent workshops that provide sound, practical nutrition advice. Intended to help families meet today's challenges of planning and preparing nutritious meals and snacks, while encouraging children to eat them.

**Target Audience:** Food Service Professionals

**Ordering Information:**

West Virginia Department of Education, Office of Child Nutrition  
Capitol Complex, Building 6, Room 248  
1900 Kanawha Boulevard, East  
Charleston, WV 23505-0001  
Phone: 304-558-2708

**What's Cookin' II: A Collection of Recipes from Nebraska Family Child Care Providers**

Charlotte S. Kern, et al.

Nebraska: Nebraska Dept. of Education, Nutrition Services, Nutrition Education and Training Program, 1997. 224 pp.

**NAL Call Number:** TX361.C5W52 1997

**Description:** A collection of recipes designed to help child care providers serve meals that meet USDA meal pattern requirements, are appetizing to children, and are consistent with the Dietary Guidelines for Americans.

**Target Audience:** Child Care Providers

**Ordering Information:**

Nebraska Department of Education - NET  
Nutrition Education and Training Program  
301 Centennial Mall South,  
P.O. Box 94987  
Lincoln, NE 68509-4987

**What's in a Meal? A Resource Manual for Providing Nutritious Meals in the Child and Adult Care Food Program**

Child Nutrition Programs

Chicago, IL: U.S. Dept. of Agriculture, Food and Nutrition Service, Midwest Region, Child Nutrition Programs, 4<sup>th</sup> ed 2003. 138 pp.



**NAL Call Number:** aTX361.C5 U5 2003

**Description:** Intended to assist Child and Adult Care Food Program personnel in providing quality, nutritious meals which comply with CACFP meal pattern requirements. Sections include nutrition, recipe modification, food labeling, feeding infants, food handling and sanitation, ethnic foods, recipe evaluation and crediting foods.

**Target Audience:** Child and Adult Care Food Program Providers

**Ordering Information:**

NFSMI – The University of Mississippi

P.O. Drawer 188

University, MS 38677-0188

Phone: 800-321-3054

Fax: 800-321-3061

Email: [nfsmi@olemiss.edu](mailto:nfsmi@olemiss.edu)

## **G. Quality Child Care Environments**

### **CACFP Training Resource Checklist**

Deborah H. Carr

University, MS: National Food Service Management Institute, April 2003. (unpaged).

**NAL Call Number:** TX361.C5 C37 2003

**Web site:** [http://www.nfsmi.org/Information/cacfp\\_training\\_resource\\_checklist.pdf](http://www.nfsmi.org/Information/cacfp_training_resource_checklist.pdf)

**Description:** A checklist to help providers make informed decisions while reviewing resources regarding the appropriateness of the training resource for use in their program.

### **Early Childhood and Child Care Study: Summary of Findings**

Washington, DC: U.S. Dept. of Agriculture, Food and Consumer Service, Office of Analysis & Evaluation, 1997. 23 pp.

**NAL Call Number:** aHV696.F6E27 1997

**Web site:**

<http://www.fns.usda.gov/oane/MENU/Published/CNP/FILES/CHLDCARE.PDF>

**Description:** Presents major highlights from the study. Contains background information on the Child and Adult Care Food Program and the children receiving care in those sites.

**Target Audience:** Child and Adult Care Food Program Providers

**Ordering Information:**

Office of Analysis and Evaluation

USDA Food and Consumer Service

3101 Park Center Drive, Room 214

Alexandria, VA 22302

### **Healthy Start: Preschool Health Education**

Christine L. Williams and Betty Jean Carter

Huntington, NY: Healthy-Start, LLC, 2001.

**NAL Call Number:** in process.

**Description:** Provides 12 lesson plans and activities on self-esteem, fitness, germs, staying drug free, safety, and healthy eating

**Target Audience:** Preschool and Health Education Educators

**Ordering Information:**

Healthy-Start, LLC

P.O. Box 115

Huntington, NY 11743  
Phone: 631-549-0010  
Fax: 631-549-0010  
Email: BCarter830@aol.com or chrisq@pol.net  
Website: <http://www.Healthy-Start.com>

### **Identification of Available Training Resources Appropriate for Family Day Care Home Providers**

Deborah H. Carr

University, MS: National Food Service Management Institute, April 2003. 19 pp.

**NAL Call Number:** HQ778.63 .C37 2003

**Description:** A study to identify available training resources appropriate for use with Family Day Care Home (FDCH) providers and to record available training resources utilized for preparing FDCH providers to operate a small child care business within the guidelines of the CACFP.

### **Issues Related to Implementation of the Afterschool Snack Service**

Alice Jo Rainville, Jerry B. Cater, and Denise M. Brown

University, MI: National Food Service Management Institute, October 2001. 14 pp.

**NAL Call Number:** TX945.2 .R36 2001

**Web site:** <http://www.nfsmi.org/Information/afterschool.pdf>

**Description:** A report on research done in operational settings to identify and record the perspectives and concerns of school foodservice directors who implemented reimbursable snacks as part of the afterschool care program.

### **Management Issues Impacting Family Day Care Homes Operating Within the Child and Adult Care Food Program Guidelines: A Review of Literature**

Deborah H. Carr, and Roman Pawlak

University, MS: National Food Service Management Institute, March 2003. 14pp.

**NAL Call Number:** HQ778.63.C37 2003

**Web site:** <http://www.nfsmi.org/Information/management-issues-impacting-fdch.pdf>

**Description:** A review of the child care literature as it relates to management issues and concerns impacting Family Day Care Homes in an effort to identify issues that relate and support the well-being of children served.

### **Steps to Nutrition Success Checklist: A Program Self-Assessment Checklist for Family Day Care Home and Child Care Center Providers Participating in the Child and Adult Care Food Program**

Charlotte Oakley, and Deborah H. Carr

University, MI: National Food Service Management Institute, May 2003. 75pp.

**NAL Call Number:** RJ206.O24 2003

**Web site:** [http://www.nfsmi.org/Information/cacfp\\_checklist\\_report.pdf](http://www.nfsmi.org/Information/cacfp_checklist_report.pdf)

**Description:** The Checklist reflects best practices as outlined in the regulations and guidance for the CACFP and will support CACFP providers in the continuous quality improvement of the food and nutrition services offered in their facilities. Additionally, results of the assessment process can be used to guide child care providers, state agencies, and sponsoring organizations in selecting training topics that support the specific needs of the programs.

### **Steps to Nutrition Success Checklist: Child Care Centers**

Charlotte Oakley, and Deborah H. Carr

University, MI: National Food Service Management Institute, September 2003. 24pp.

**NAL Call Number:** RJ206.O243 2003

**Web site:** [http://www.nfsmi.org/Information/childcare\\_centers\\_checklist.pdf](http://www.nfsmi.org/Information/childcare_centers_checklist.pdf)

**Description:** A checklist to help center staff determine if they are using Best Practices in their child care nutrition programs. There are three main sections: 1) Administration and Operations; 2) Nutrition; and 3) Health, Safety, and Well-Being of Children – Working with Parents and Others in the Community.

### **Steps to Nutrition Success Checklist: Family Day Care Homes**

Charlotte Oakley, and Deborah H. Carr

University, MI: National Food Service Management Institute, September 2003. 20pp.

**NAL Call Number:** RJ206 .O242 2003

**Web site:** [http://www.nfsmi.org/Information/fdch\\_checklist.pdf](http://www.nfsmi.org/Information/fdch_checklist.pdf)

**Description:** A checklist to help family day care providers determine if they are using Best Practices in their child care nutrition programs. There are three main sections: 1) Administration and Operations; 2) Nutrition; and 3) Health, Safety, and Well-Being of Children – Working with Parents and Others in the Community.

## **H. Cultural Considerations**

### **Filipino-American Food Practices, Customs, and Holidays**

Virginia Serrano Claudio

Chicago, IL: The American Dietetic Association, 1994. 38 pp.

**NAL Call Number:** RC662.C53 1994

**Description:** Gives a brief historical background on the Philippines. Discusses regional influences on cooking, traditional food practices and customs, traditional beliefs about food and health, diabetes among Filipino Americans and the nutritional implications of current dietary practices.

#### **Ordering Information:**

American Dietetic Association

120 South Riverside Plaza, Suite 2000

Chicago, IL 60606-6995

Phone: 800-877-1600

Email: [sales@eatright.org](mailto:sales@eatright.org)

Online ordering:

[http://www.eatright.org/Public/ProductCatalog/SearchableProducts/104\\_8765.cfm](http://www.eatright.org/Public/ProductCatalog/SearchableProducts/104_8765.cfm)

### **A Food Guide Pyramid with a Mexican Flavor (Piramide del Dia con el Sabor Popular Mexicano Guia Para la Leccion)**

**Includes:** 1 videocassette (16 min. English/14 min. Spanish) (VHS) and 1 bilingual lesson plan

University of California Agriculture and Natural Resources Communication Resources, 1999.

**Description:** Teaches Latinos of Mexican descent how to use the United States Department of Agriculture (USDA) Food Guide Pyramid, realize the importance and skills to apply this message in their lives

#### **Ordering Information:**

DANR Communication Services

1441 Research Park Drive  
University of California  
Davis, CA 95616-8511  
Phone: 530-757-8930

**Guía para Latinos, Como Comer Saludablemente (Guide to Healthy Eating for Latinos)**

Aracely Rosales  
Philadelphia, PA: Health Promotion Council of SEPA, 1995.

**NAL Call Number:** TX361.H57R672 1995

**Description:** None given.

Health Promotion Council of SEPA, Inc  
311 S Juniper St, Room 308  
Philadelphia, PA 19107  
Phone: 215-546-1276

**Multicultural Pyramid Packet**

Cheryl L Achterberg, Jeannie McKenzie, and Farah Arosemena  
University Park, PA: Penn State Nutrition Center, College of Health and Human Development, Pennsylvania State University, 1996.

**NAL Call Number:** TX360.U62 1996

**Description:** Packet provides health educators with a blueprint of foods eaten by various cultures living in the United States.

**Target Audience:** Health Educators

**Ordering Information:**

Penn State Nutrition Center  
College of Health and Human Development  
University Park, PA 16802  
Phone: 814-865-6323

**Multicultural Snacks**

Susan Hedges  
Everest, WA: Warren Publishing House, 1995. 47 pp.

**NAL Call Number:** TX725.A1H64 1995

**Description:** Contains traditional recipes from a variety of cultures and features ingredients familiar to young children.

**Target audience:** Young children

**Navajo: Food Practices, Customs, and Holidays. 2nd Edition.**

Karen Bachman-Carter, Roberta M. Duncan, and Suzanne Pelican  
Chicago, IL: American Dietetic Association and Alexandria, VA: American Diabetes Association, 1998. 28 pp.

**NAL Call Number:** RC662.P45 1998

**Description:** This publication provides information on culture, diet, and diabetes among the Navajo Indians who live on or near the Navajo reservation encompassing a 25,000-square-mile area that extends into New Mexico, Arizona, and Utah.

**Pir'amide del d'ia con el Sabor Popular Mexicano: a Food Pyramid for Today's Mexican-American Family**

University of California, Division of Agriculture and Natural Resources,

Communications Services

**Includes:** 1 videocassette (30 min.)

Davis, CA: University of California, Division of Agriculture and Natural Resources, Communication Services, 1996.

**NAL Call Number:** Videocassette no. 2888

**Summary:** This video features a new food pyramid that addresses specific topics unique to the Mexican culture.

### **Salud en Tus Manos (Health in Your Hands)**

Carmen Moreno and Felícita Bernier

**Includes:** 1 videocassette, 1 wall chart, 50 identical consumer magazines, 25 identical food shopping guides, 1 instructor's guide, and 2 identical evaluation forms

New York, NY: CPC International, Best Foods Division, 1996.

**NAL Call Number:** Kit no. 365

**Description:** Provides a nutrition program specifically developed for Latinos. Divided into six sessions covering a healthy Latino diet, the food label, the Food Guide Pyramid, fat and cholesterol, salt and sodium, menu planning and feeding children.

**Target Audience:** Latino eating preferences

### **Soul and Traditional Southern Food Practices, Customs, and Holidays**

Cathryn Boyd Burke and Susan P. Raia

Chicago, IL: The American Dietetic Association; Alexandria, VA: American Diabetes Association, 1995. 29 pp.

**NAL Call Number:** RC662.B87 1995

**Description:** Focuses on soul, or traditional Southern food ways, with a brief review of their origins and their impact on Type II diabetes mellitus. Contains examples of traditional menus and recipes.

**Target Audience:** People with southern soul food preferences

### **This is the Way We Eat Our Lunch: a Book about Children around the World**

Edith Baer

New York: Scholastic, 1995. 1 volume.

**NAL Call Number:** jPZ8.3.B137 1995

**Description:** Relates in rhyme what children eat in countries around the world.

### **Tribal Cooking: Traditional Stories and Favorite Recipes**

Wisconsin: Minwanjigewin Nutrition Project, Great Lakes Inter-Tribal Council, Inc., 1996. 122 pp.

**NAL Call Number:** E98.F7T74-1996

**Description:** A collection of recipes received from members of various tribes who have chosen to share a part of their family history.

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